



**OUR RIGHTEOUS AND GOD-BEARING
FATHER ATHANASIOS OF ATHOS
WHOM THE HOLY CHURCH CELEBRATES ON JULY 5**

Saint Athanasius had Trebizond for his homeland. He entered the monastic life on the mountain called Kymaeos or Kyminas, which is in Mysia of Bithynia, then he went to Mount Athos and founded a great monastery, which is known as the Great Lavra. He became so renowned for his virtue that from Rome, Calabria, Georgia, and elsewhere, rulers, men of wealth and nobility, abbots, and even bishops came to him and were subject to him. When the time for his departure was at hand, God revealed to him how it would take place, so that he was able to instruct his children and not to be troubled when it should come to pass. A new church was being built for the sake of the many who came to him, and only the dome had not been finished. Together with six of the brethren, the Saint went to the top of the Church to help the workmen. The dome collapsed, and they fell. Five were killed at once, and the Saint died three hours later. His holy body remained incorrupt and he worked many miracles after his death. He reposed about the end of the tenth century.

Dismissal Hymn of Saint Athanasius
Third Tone. Awed by the beauty

THE Angels' ranks were awed by thy life in the flesh, * how, though corporeal, and clad with earthly clay, * thou didst set forth with courage to invisible wars and wrestlings * and didst boldly smite the hordes * of the demons with mortal wounds. * Wherefore, Christ rewarded thee * with abundant gifts in return. * Entreat Him that our souls find salvation, * O most renowned Father Athanasius.

KONTAKION
Plagal of Fourth Tone. To Thee, the Champion Leader

AS a great seer of immaterial angelic hosts, * and as a teacher by thine actions and in all ways true, * we thy flock now sing thy praises while loudly crying: * Never cease, O God-proclaimer, to entreat the Lord * to deliver from temptations and adversities, * them that cry to thee: Rejoice, O Father Athanasius.

Another Kontakion of Saint Athanasius. Second Tone
Thou soughtest the heights

THE yoke of thy Christ, * thou tookest on thyself with faith, * while bearing thy cross * upon thy shoulders as a true * and unrivalled emulator of * His dread passion and sharer of His great glory, partaking of * divine and unending joy, O Athanasius.

**SELECTED HYMNS
FROM
THE MENAION
VESPERS**

After the Proemial Psalm we chant Blessed is the man. *For* Lord, I have cried,
we allow for six verses and chant the following Stichera:

Of Saint Athanasius. Second Tone. With what fair crowns

WHAT hymns and sweetly-sung songs of praise * shall we offer divine Athanasius? * who was fair adorned with all righteous deeds * and richly flourished in every grace * that poureth in streams from the divine light; * that sword which cut through the passion's fury and assaults; * that pillar which

shone like lighting with divine vision; * that lamp of temperance and fasting, * which upon the lampstand * of his soul shone brightly with * the holy decrees and laws * of God, Who bestoweth life on all.

WE who are vain and vile, with what wreaths * wrought of words shall we crown Athanasius? * that swift falcon piercing the upper air, * lifted to Heaven while soaring up * on God-given wings of mystic vision; * that firm and unyielding tower of humility; * the rampart of true discretion never breached or moved; * the stately gem and the beauty * of the moral order; * who doth intercede with Christ God, * the only Compassionate, * in prayer for his children in the Lord.

THOU wast a morn whose light never ceased, * righteous Father, divine Athanasius; * and them that were blind with the passions' gloom, * thou drewest unto the unwaning light * with thy shining beaconfire of graces; * and so when thou hadst increased the talent given unto thee, Christ showed thee to be a healer of afflicted souls, * who with the sword of thy counsels * cuttest out the fester of * incurable sores and wounds, * while giving saving health * to all them that draw nigh unto thee.

Glory. *Plagal of Second Tone*

HOW godly was thy life, and how completely sacred thine end, O Father Athanasius! For at thine end, all the multitudes of Athos gathered; and as they beheld thee without breath upon thy bed, they exclaimed with mournful cries: Give thy servants a last word, O Saint. Instruct us O Father, where hast thou left thy children, whom thou didst pity as a truly compassionate and loving father? Yet though the grave coverest thee here, on high we all have thee as our champion and intercessor with God as we honour thee with love.

Both now. *Theotokion*

WHO would not call thee blest, O all-holy Virgin? Who would not praise thine untravailing giving of birth? For the Only-begotten Son, Who shone forth from the Father timelessly, hath come forth from thee, the pure one, having become ineffably incarnate, being God by nature and becoming man by nature for our sake; not that He was divided into two persons, but that He is known in two unmingled natures. Him do thou beseech, O august and all-blessed one, to have mercy on our souls.

MATINS

OIKOS

HAVING marvelously received thy calling from on high, thou didst inherit immortal life. For though in a body, thou didst lead the life of the bodiless on earth, becoming invincible to passions. Therefore we extol thee, O Father:

Rejoice, bright glory of monastics; rejoice, shining pillar of chastity.

Rejoice, far-seen token of courage; rejoice, proof of all-wise prudence.

Rejoice, impartial scales of exact justice; rejoice, thou who made the fervency of thy deeds conformable to reason.

Rejoice, mind enjoying ineffable intellections; rejoice, thou who didst reverently study all creation.

Rejoice, thou by whom demons have been shamed; rejoice, thou by whom every passion is slain.

Rejoice, haven for those in the tempest of life; rejoice, saviour of them that faithfully cry to thee:

Rejoice, O Father Athanasius.

✠ On the fifth of this month we commemorate our righteous and God-bearing Father Athanasius of Athos, and his six disciples who died with him.

Verses

Anthony the Great was the inception of the Fathers,
And divine Athanasius, their godly culmination.

Though in time he lived far behind all the ancients,
Yet in toils Athanasius went beyond them.

The falling of the temple felled the temples of the bodies
Of the ven'erable Athanasius and his six disciples.

On the fifth Angels took Athanasius to the City of God.

✠ On this day we commemorate our righteous Father Lampadus.

Verses

Lampadus kept his lamp filled with oil and burning,
At all times ready to meet the Bridegroom.

Our Righteous Father Athanasius of Athos.

✠ On this day the holy New Hieromartyr Cyprian was perfected in Martyrdom in Constantinople by the sword in the year 1679.

Our Righteous Father Athanasius of Athos.



(From a paper icon on Mount Athos)



The Holy Orthodox Metro